

2001 California Dietary Practices Survey

Table 97: Californians Who Can Name Lowfat Foods as Foods that Help Prevent Heart Disease, Trends 1993-2001

Question: Have you heard of any foods that may prevent heart disease?
Can you name any of these foods?

	Percent Naming Lowfat Foods					Change of Percentage			
	1993	1995	1997	1999	2001	1993-95	1995-97	1997-99	1999-01
Total	39	27	20	22	11	-12***	-7***	2	-11***
<i>Sex</i>									
Males	35 ***	25	17 *	19 *	10	-10***	-8***	2	-9***
Females	43	29	24	25	12	-14***	-5*	1	-13***
<i>Males</i>									
18 - 24	30	11 *	8 ***	8 ***	4 **	-19*	-3	NC	-4
25 - 34	28	19	16	18	6	-9	-3	2	-12***
35 - 50	34	31	18	20	12	-3	-13**	2	-8*
51 - 64	44	35	19	31	15	-9	-16**	12*	-16**
65+	49	26	20	19	15	-23**	-6	-1	-4
<i>Females</i>									
18 - 24	26 **	8 **	10 *	14 ***	4 **	-18**	2	4	-10*
25 - 34	36	26	20	22	9	-10	-6	2	-13***
35 - 50	49	32	28	27	15	-17***	-4	-1	-12**
51 - 64	53	33	29	37	20	-20**	-4	8	-17**
65+	41	39	26	22	12	-2	-13*	-4	-10*
<i>Ethnicity</i>									
White	46 ***	30 **	25 ***	27 ***	13 *	-4***	-5*	2	-14***
Hispanic	25	21	13	13	8	-4	-8**	NC	-5
Black	30	19	12	10	9	-11	-7	-2	-1
Asian/Pacific Islander				21	9				-12*
<i>Education</i>									
Less than high school	19 ***	16 ***	9 ***	11 ***	9 ***	-3	-7	2	-2
High school graduate	33	21	10	16	7	-12**	-11***	6**	-9***
Some college	42	26	25	18	9	-16***	-1	-7**	-9***
College graduate	51	37	26	34	17	-14***	-11***	8**	-17***
<i>Income</i>									
Less than \$15,000	28 ***	18 ***	17	11 ***	10	-10*	-1	-6	-1
\$15,000 - 24,999	34	24	17	12	11	-10*	-7	-5	-1
\$25,000 - 34,999	39	25	22	31	11	-14*	-3	9	-20***
\$35,000 - 49,999	44	33	20	23	11	-11*	-13**	3	-12***
\$50,000+	51	34	26	35	15	-17***	-8**	9**	-20***
<i>Physically Active</i>									
Did not meet recommendations					9 **				
Met recommendations					14				
<i>Overweight Status</i>									
Overweight/Obese					11				
Not overweight					12				

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001